



**Falls  
Free®**

*Iowa Falls Prevention Coalition*

# Fall Prevention Awareness

**Falls are **NOT** a  
natural part of aging!**

## **Six things **YOU** can do to prevent falls:**

- 1. Regularly review your medicines.**
- 2. Talk to your health care provider.**
- 3. Have your vision checked.**
- 4. Talk to your family members.**
- 5. Exercise to improve balance and strength.**
- 6. Make your home safer.**



## **Need More Information?**



[www.idph.iowa.gov/  
falls-prevention](http://www.idph.iowa.gov/falls-prevention)



[www.iowaaging.gov](http://www.iowaaging.gov)



[www.biaia.org](http://www.biaia.org)  
855-444-6443



1-866-468-787  
[www.lifelonglinks.org](http://www.lifelonglinks.org)



[www.idph.iowa.gov](http://www.idph.iowa.gov)